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McGuinty vows to resolve 200 Walkerton cases

WATER Ontario hopes to move "sooner rather than later" on about 200 unresolved claims related to the deadly tainted water tragedy in Walkerton almost a decade ago, Premier Dalton McGuinty said yesterday.

The government has spent about $70 million on claims so far, which haven't been capped, he added.

Seven people died and thousands became ill in Walkerton after the town's water supply became polluted with E. coli bacteria in May 2000. A public inquiry placed some blame on cutbacks in water testing. THE CANADIAN PRESS

Canada Games

Flame on!

TRACEY TONG/METRO OTTAWA

Minister of National Defence Peter MacKay participates in the lighting of the 2011 Canada Games torch at the Centennial Flame yesterday as games chair Jean-Paul Deveau, right, and local students look on. Story, page 3

B.C.'s eyes on the drill despite spill

The catastrophic oil spill in the Gulf of Mexico has not changed the British Columbia government's position in favour of lifting a federal moratorium on offshore activity off the West Coast.

The ecological disaster unfolding off the coast of Louisiana has renewed critics' calls to ban underwater drilling and tanker traffic, saying it is the only way to prevent a similar disaster.

But B.C. Energy Minister Blair Lekstrom said the province's ambitions for an offshore oil and gas industry haven't changed.

"If it can be done properly, I think people will entertain it; if it can't, then it wouldn't be," Lekstrom told reporters in Victoria.

The federal government first placed a moratorium on offshore drilling and oil tanker traffic off the West Coast in 1972, and B.C. imposed its own ban in 1989. But recently, the province has urged Ottawa to unlock what could be billions of dollars worth of oil and gas beneath the ocean floor.

Premier Gordon Campbell's Liberals came to power in 2001 promising to kick start the offshore sector, predicting a thriving industry would be in place by 2010. THE CANADIAN PRESS

Unexploited

- A fact sheet posted on the province's website in 2008 estimated there are 42 trillion cubic feet of natural gas and nearly 10 billion barrels of oil off the coast, and complained B.C. is the only region in Canada "with significant offshore oil and gas potential" barred from exploiting the resource.

SUV in NYC bomb plot sold 3 weeks earlier: Official

BOMB The registered owner of an SUV that was parked in Times Square and rigged with a crude bomb told investigators he sold the vehicle to a stranger for cash three weeks ago, a law enforcement official said yesterday.

The owner, who lives in Connecticut, was questioned Sunday about his sale of the dark-coloured 1993 Nissan Pathfinder to a man he did not know, the official told The Associated Press. The official spoke on condition of anonymity because the investigation into the botched bombing is at a sensitive stage.

Officials say the owner, whose name has not been released, is not considered a suspect in the bomb scare.

The SUV was found Saturday night with an explosive device that had cheap-looking alarm clocks connected to a 16-ounce (450-gram) can filled with fireworks, which were apparently intended to detonate the gas cans and set the propane afire in a chain reaction, said Police Commissioner Raymond Kelly. THE CANADIAN PRESS

Canada pg 4

Group effort on detainee docs

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Local

Camp FITT shows girls firefighting skills

Young women can register for a unique opportunity to experience what it's like to be a firefighter. Run by Ottawa Fire Services and Fire Service Women of Ontario this August, Camp FITT (Female Firefighters in Training) will give girls ages 15 to 19 like Liz Muggleton, left, and Maddy Schmidt basic firefighting training. Participants will also learn basic pump and ladder operations, auto extrication and how to use a self-contained breathing apparatus. For more information, visit ottawa.ca. METRO OTTAWA

Scan this code for Local news.
See the Local page to learn how to scan.

News in brief

FIRE Three people are homeless after a fire caused $100,000 in damages to a Navan residence yesterday. At 12:23 p.m., 29 Ottawa firefighters in 13 vehicles attended a blaze at 3433 Navan Rd.

MALL The Billings Bridge Mall was evacuated briefly after a fire broke out in a McDonald's restaurant yesterday. Damage was contained to the restaurant area, but the mall was evacuated due to smoke.

CROSSING Orleans candidate Fred Sherwin is proposing another alternative to a new Ottawa River crossing. He argues that a tunnel from the Macdonald-Cartier Bridge to the Queensway would cost less than a new bridge at Kettle Island or the Gatineau Airport. METRO OTTAWA

metronews.ca
What's online today.

Video Slain Canadian reporter Michelle Lang honoured as newsrooms fall silent for World Press Freedom Day at **metro news.ca**

Lotteries

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Stamps mark navy's 100 years

Early warship, modern frigate, sailors grace commemorative issue

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Exactly 100 years ago today, the Naval Services Act received Royal Assent and established the Department of Naval Services in Canada.

There are numerous events planned to mark the navy's 100th year of service, and yesterday, Canada Post unveiled two commemorative stamps for the occasion at the Canadian War Museum.

"The purpose of the Canadian navy's centennial is not just to celebrate our achievement or tell the story of our navy; it is also to publicly renew our commitment to Canada and to the future," said Vice-Admiral Dean McFadden, chief of the maritime staff.

One stamp features the HMCS Niobe, one of the warships that Canada purchased from Great Britain after the Naval Services Act passed. Set above the ship is a portrait of an unnamed sailor taken around that time.

The other stamp depicts the HMSC Halifax, the first of the navy's modern patrol frigates built in Saint John, N.B. The stamp also has a portrait of Chief Petty Officer 2nd Class Cheryl Bush, who took part in the unveiling yesterday.

Today, McFadden will present the Canadian Navy Centennial Bell to the people of Canada in a ceremony held in the Senate chamber on Parliament Hill. The Canadian navy and the National Capital Commission are also holding a sod-turning ceremony for the Canadian Navy Monument at 1:30 p.m. today.

TIM WIECLAWSKI/METRO OTTAWA

Chief Petty Officer 2nd Class Cheryl Bush helps unveil two stamps commemorating the Canadian navy's centennial yesterday at the Canadian War Museum. Bush appears on one of the stamps that depicts the HMCS Halifax.

Students in city, across Ontario raise voices to celebrate music

EDUCATION The sound of 800 young voices singing in harmony rang through city hall yesterday as children from 15 local schools and three choirs took part in Music Monday.

The annual event is organized by the Coalition for Music Education in Canada to celebrate the power of music programs in schools and highlight their importance through performances in communities across the country.

The noon-hour concert featured bilingual renditions of Ode to Joy, Song for Canada, and the Music Monday theme song, Sing, Sing, written by Juno-winning singer Serena Ryder.

Students from 946 schools and organizations from Ontario participated in the sixth annual event yesterday.

TIM WIECLAWSKI/METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Jackie Hawley, artistic director of the Ottawa Children's Choir, conducts a choir of 800 school children singing Ode to Joy during the Music Monday celebration at city hall yesterday.

Halifax '11 Canada Winter Games launched

PARLIAMENT HILL When four-time Olympic medallist Jennifer Botterill was a young athlete, she told her dad about her dream of going to the Olympics.

"I didn't know if it was possible," she said. "And he said, 'why not you? If someone else is going to be at that Olympic game playing hockey for Team Canada, why can't it be you?'

"That's something I think about quite often, the whole idea of believing in yourself and having high standards to strive towards," she said yesterday.

Botterill, who attended four Olympic Games, including the recent games in Vancouver, helped launch the Halifax 2011 Canada Winter Games on Parliament Hill yesterday. She said she learned an important lesson while training for the Canada Games.

"I do everything that I possibly can every single day to be my best and to reach my dreams," she said.

The Canada Games have evolved to become one of the most prestigious events for Canada's next generation, said Sue Hylland, president and CEO of the Canada Games Council.

The 2011 Canada Games will be held from Feb. 11 to 27, 2011 and will involve more than 2,700 athletes from 13 provinces and territories competing in more than 20 sports. TRACEY TONG/METRO OTTAWA

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Tories bringing back white-collar crime bill
The federal Conservative government is resurrecting a bill to combat white-collar crime with tougher sentences for fraud. The legislation was among about a dozen tough-on-crime bills that died on the order paper when Prime Minister Stephen Harper prorogued Parliament in December. THE CANADIAN PRESS

Canada

Slain reporter wins press award

Michelle Lang, left, a reporter who was killed on the job in Afghanistan, has been named this year's winner of the Canadian World Press Freedom Award. The Canadian Committee for World Press Freedom named Lang, who worked for the Calgary Herald, as the recipient at its annual luncheon Sunday. Lang and four Canadian soldiers were killed last Dec. 30 when the armoured vehicle they were in struck a roadside bomb. THE CANADIAN PRESS

Spending review kicks off

FINANCES The Harper government has launched a review that it says will save $1.7 billion this year and subsequent years as part of a cost-cutting offensive announced in the March budget.

Treasury Board president Stockwell Day says the government will review $35 billion in federal spending by 13 departments and agencies to trim five per cent of operational spending.

The organizations being looked at represent one-third of what the review will eventually encompass, with the second round coming onstream in 2011 and the third in 2012.

When it is done, Day suggested the government could trim more than $5 billion from about $240 billion it spends annually.

"Nobody across government is going to be spared," he said.

Program review has been a policy of the government for years, but the difference going forward is Ottawa intends to pocket the savings rather than reallocate them. THE CANADIAN PRESS

Montreal **Mayhem outside courthouse**

RYAN REMIORZ/THE CANADIAN PRESS

Police examine the crime scene after a shot was fired outside a courthouse yesterday in Montreal. What had begun as an altercation inside the courthouse suddenly resulted in two injuries: An officer struck in an apparent hit-and-run, and a driver on the lam with a bullet wound in his hand.

News in brief

OPIOIDS A rise in prescriptions for opioids like OxyContin has spurred a group of Canadian doctors to develop new guidelines to cut back on growing misuse of the drugs. Consumption of prescription opioids in Canada jumped 50 per cent between 2000 and 2004, making Canadians the world's third-largest per capita users of the drugs.

DONATIONS Stephen Harper's Conservatives raked in more donations in the first three months of this year than all the other federal parties combined. According to first-quarter financial reports filed with Elections Canada, the Tories raked in just over $4 million from more than 32,000 donors.

THE CANADIAN PRESS

Top officials picked docs, inquiry told

'No one individual' responsible for withholding files: Testimony

A small but powerful group of senior public servants chose which Afghanistan detainee documents to turn over to a military watchdog, an inquiry has heard.

But it took nearly an hour of questioning yesterday before the Military Police Complaints Commission learned who decided to withhold reams of paper on prisoner transfers.

Foreign Affairs' top bureaucrat eventually told the commission that the heads of several departments met about the documents.

"There wasn't a name," deputy minister Len Edwards said. "This was a collective decision that was taken among senior officials on the basis of advice of counsel ... It was a consensual decision.

"No one individual took the decision."

Those senior officials came from Foreign Affairs, National Defence, CIDA and Public Safety. Also at the meetings were Justice Department lawyers and the clerk of the Privy Council, the bureaucratic arm of the Prime Minister's Office.

That deputy minister-level group, as it was called, was formed after Parliament voted to extend the Afghan mission for two more years in the spring of 2008. Before that, a group of assistant deputy ministers from Foreign Affairs, National Defence and other departments made those decisions.

Further delaying things yesterday was a federal lawyer's objections to attempts to name the specific people who made the documents decision.

Justice Department lawyer Alain Prefontaine said the government is responsible for the paper jam of Afghanistan detainee documents, not the bureaucrats. THE CANADIAN PRESS

Pages

- The Military Police Complaints Commission first asked Foreign Affairs for 100,000 pages, later whittled down to some 4,000 pages. But just 680 have been turned over in the last three years. Buried somewhere in that paper are a former foreign service officer's reports of alleged torture in Afghan jails.

Breaking moos: Canadian cows join the legions on Twitter.
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Parole hearing cancelled for man who killed six campers

MURDERS The National Parole Board has cancelled an upcoming hearing for a man who killed six members of a family during a camping trip in 1982.

The board says David Ennis indicated he didn't want a full parole review to go ahead in September.

Another hearing has been scheduled for September 2012 as is required by law.

Ennis shot George and Edith Bentley, their daughter Jackie Johnson and her husband, Bob, as they sat around a campfire.

He kept the Johnsons' 11- and 13-year-old daughters alive for nearly a week and sexually assaulted the older girl before killing them both.

THE CANADIAN PRESS

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Tiger still adorns a few Gatorade bottles ... sort of

A Colorado man who replaced labels on dozens of Gatorade bottles with an image of Tiger Woods and his wife and the word "unfaithful" has been sentenced to two years of probation and fined $1,000 US. THE ASSOCIATED PRESS

World

Putin, Jintao head list of 'predators'

Media advocacy group Reporters Without Borders yesterday put Russian Prime Minister Vladimir Putin and Chinese President Hu Jintao on its annual list of press freedom "predators." The group says its list is made up of "40 politicians, government officials, religious leaders, militias and criminal organizations that cannot stand the press, treat it as an enemy and directly attack journalists. THE ASSOCIATED PRESS

BP to grab tab on oil spill cleanup

Company takes responsibility for response to leak

BP PLC gave some assurance yesterday to shrimpers, oil workers and scores of others that they will be paid for damage and injuries from the explosion of a drilling rig and the resulting massive oil spill in the Gulf.

A fact sheet on the company website says BP takes responsibility for cleaning up the spill and will pay compensation for "legitimate and objectively verifiable" claims for property damage, personal injury and commercial losses. President Barack Obama and several attorneys general have asked the company to explain what exactly that means.

Pointing fingers

- BP chief executive Tony Hayward said on ABC's Good Morning American yesterday that the equipment that failed on the rig belonged to owner Transocean Ltd., not BP, which operated the rig.

Dana Powell, manager of the Paradise Inn in Pensacola Beach, Fla., fears what will happen to the Gulf Coast's staple industries such as tourism and commercial fishing.

"Now when there's a hurricane, we know it's going to level things, devastate things, be a huge mess and it's going to take several years to clean up," she said. "But this? It's going to kill the wildlife, it's going to kill lifestyles — the shrimpers, the fishermen, tourism. Who's going to come to an oil-covered beach?"

Besides the immediate impact on Gulf industries, shipping along the Mississippi River could soon be limited because the slick was precariously close to a key shipping lane.

THE ASSOCIATED PRESS

Indonesia **Grounded in faith**

IRWIN FEDRIANSYAH/THE ASSOCIATED PRESS

Mud-covered dancers perform during the opening ceremony of a Qur'an recital festival in the outskirts of Jakarta, Indonesia yesterday. The recital is intended to help followers of the faith with the meaning of the Qur'an and the importance of the holy month of Ramadan.

Pakistani Taliban promise U.S. attacks

THREAT The Pakistani Taliban promise future attacks on major U.S. cities and appear to claim responsibility for an attempted car bombing in New York in three separate videos that surfaced after the weekend scare, monitoring groups said yesterday.

U.S. authorities have played down the potential connection between the Pakistani militant network and the car bomb attempt in New York's Times Square, saying the group does not have the global infrastructure to carry out such a strike. However, the Pakistani Taliban is allied with militant networks such as al-Qaida, which could aid in expanding its reach.

IntelCenter
I request you all to be steadfast & firm in your Jehad. The time is very near when our Fidaeen will attack the American states in their major cities.

THE ASSOCIATED PRESS/INTELCENTER

This image from a video released by the Pakistani Taliban and provided by IntelCenter, a private contractor working for intelligence agencies, shows Pakistani Taliban chief Hakimullah Mehsud.

Two of the videos feature Pakistani Taliban chief Hakimullah Mehsud, providing the strongest evidence yet that he survived a U.S. missile strike in January. THE ASSOCIATED PRESS

South Korean B-boys fake illnesses to avoid military

ASIA Nine South Korean break dancers were arrested for pretending to have schizophrenia and other mental illnesses in order to escape compulsory military service, Seoul police said yesterday.

Seoul Metropolitan Police Agency arrested the nine — members of the crew T.I.P. — short for Team work Is Perfect — after receiving an anonymous tip that the dancers faked symptoms of mental illness to avoid South Korea's two-year mandatory military service, case officer Lee Jin-hak said.

South Korea requires all able-bodied men aged 18 to 35 to serve at least two years in the military.

The suspects, whose names were not disclosed, thoroughly studied symptoms of schizophrenia, insanity, and depression in medical textbooks and the Internet, enough to deceive their parents and psychiatrists, Lee said.

THE ASSOCIATED PRESS

News in brief

JOURNALISM The nature of warfare and the media has put reporters' lives more at risk than ever, journalists said yesterday at a panel discussion sponsored by Reporters Without Borders. So far, 13 journalists have been killed this year.

THE ASSOCIATED PRESS

Mum's the word: Chinese tight-lipped as Kim Jong Il reportedly visiting China.

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Comment

Deal may turn the page

NationalReport

It's barely been in the news, but one of the biggest political stories in a long time will likely happen this week. More than half the major newspapers in the country belonging to the Canwest chain are being sold off.

The winning bidder will gain enormous power — the capacity to shape national discussion. The bidding process has been kept so quiet that little is known about the major candidates for the big prize. But parties representing the right, the centre and the centre-left are apparently in the running.

The newspapers, including the National Post, have been under conservative direction since the late 1990s and have been of major benefit to that cause. Before that, when the Southam family owned many of the titles, it was of significant benefit to the other side.

Never mind the Jaffer affair, never mind the Afghan detainees controversy. If the conservatives lose these jewels, which also include major papers in Vancouver, Edmonton, Calgary, Ottawa and Montreal, it would be a bigger blow to Stephen Harper than either.

The reason there has been such little discussion about the sell-off is that media don't do an adequate job of covering media. The old cliché about nobody watching the watchdog applies. In this case, there's a good reason. Since many of the bidders already own large swaths of media, there's too much self-interest for the reporting to be seen as being objective.

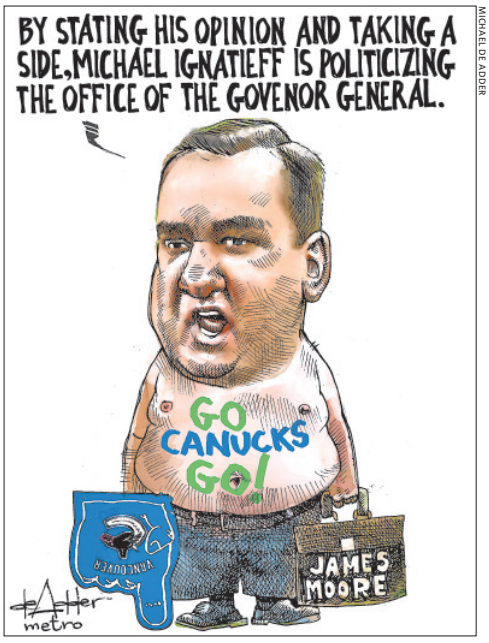
There is also, regrettably, no discussion about the issue of concentration of media ownership. This is the ideal time to debate the problem, but there has been none. The papers, apparently, are going to be sold in one big block, meaning the monopoly situation will continue and perhaps worsen.

Media concentration in Canada is among the highest in any Western country. In the mainstream media, a small number of players control what we read, see and hear. If you're thinking too much power in too few hands, you are on the mark.

Several studies over the years, the last being a Senate report in 2006, have all warned of the dangers of concentration but hardly anything has been done. No government has had the courage to act.

Fortunately, the rise of non-traditional media is dinting the domination of the big mainstream players. But it's still a lamentable situation when one family or small group, no matter what side of the political spectrum they represent, can control most of the major newspapers in this country.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.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Views

Developing a detailed sex ed program

InStep

The decision by Ontario Premier Dalton McGuinty to postpone the implementation of a sex education curriculum was a wise one, even in the face of exasperated educators, social workers and public health professionals.

The curriculum was denounced by conservative lobbies and religious groups that accused Ontario of promoting a homosexual agenda to children. Even secular parents expressed concern about explicit, age inappropriate subject matter for children. It's a pity the central issue got lost in the fray: The need for a comprehensive sex education curriculum with public consultation.

Educators have long complained about a dichotomy that exists between them and parents. A key player in this controversy has been Elizabeth Schroeder, executive director of an organization called Answer, based at Rutgers University. Answer promotes sexuality education. In reference to McGuinty's decision, Shroeder diminishes her cause by audaciously stating that educators need to "stick our feet in the ground" and say "we are the educational experts. We certainly don't have parents deciding how to teach math." Such an attitude does little more than fan flames.

Youngsters are experimenting with raging hormones, a desire to explore, a desire for sexual approval and acceptance. It is illogical to steer clear of a comprehensive sex education curriculum in elementary schools given the reality of teen pregnancies and the risk of contracting an STD. But we need to convey the message in a way that educates parents as well as their children.

Many parents are oblivious about their children's sexual behaviour, which, according to many professionals I have interviewed, even takes place in washrooms in between classes. Sorry to break the news, but statistically this also includes children from religiously conservative families who have been bitten by the sexualized culture bug.

There needs to be a clearly articulated road map as to how this curriculum is taught: One that will not leave room for questions about agendas. The city of Hamilton, Ont., — with a disproportionately high rate of STDs among youth — implemented a sex ed program six years ago that caused no controversy. It was called the I'm Worth The Wait campaign, focusing on self-esteem issues, peer pressure and making appropriate choices. The program principally encouraged youth to speak with and engage input from trusted adults when it comes to questions about sex. Bravo.

Educators in every province could learn from this as we collectively bear the responsibility for educating our youth in an area that could and does impact their entire lives.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

Homelessness has affected 1 in 9 Canadians: Survey

About one in nine Canadian adults has experienced homelessness or come close to it at some point, a survey done for the Salvation Army suggests.

Respondents in Saskatchewan and Manitoba reported the highest rate, with one in five saying they had been homeless or close to it.

The questionnaire asked, "Have you experienced or come close to experiencing homelessness?" But it did not elaborate for respondents what constituted coming close to homelessness.

The Salvation Army said it saw demand for general social services spike by more than 25 per cent during the economic downturn in 2009, and it helped more than one million people with food, clothing and other assistance.

It cited a finding in Ottawa that shelter bed occupancy rates in the city were up by more than nine per cent in 2009.

A Senate subcommittee report on cities released in December acknowledged that homelessness is hard to measure. But it said witness after witness reported increases in demand for shelters and food banks, even among people with jobs. THE CANADIAN PRESS

Quote of the Day

"I think it's extremely important that the people of the world know when other people in the world are suffering under war, under oppressive governments, in natural disasters."

– ETHAN BARON, SPEAKING YESTERDAY IN KANDAHAR, AFGHANISTAN, AS JOURNALISTS AND SOLDIERS ALIKE PAUSED FOR A MOMENT OF SILENCE TO MARK WORLD PRESS FREEDOM DAY BY HONOURING CANADIAN WAR CORRESPONDENT MICHELLE LANG, WHO DIED LAST YEAR WHILE COVERING THE CONFLICT IN AFGHANISTAN. THE CANADIAN PRESS

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Nintendo spices up Wii package
Nintendo Co. is trying to expand U.S. sales of the Wii by throwing in an extra game and its MotionPlus accessory for making the console's signature motion-sensing wand more precise. The company is also offering a black version of the system as an alternative to the game system's white casing. THE ASSOCIATED PRESS

Business

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US 98.95¢	US $4	US $86.19	12,196.51
US 0.51¢	US 8¢	US 0.04¢	14.19

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Flight World's largest airline

DAVID J. PHILLIP/THE ASSOCIATED PRESS

A Continental Airlines plane passes an United Airlines plane at George Bush Intercontinental Airport in Houston, Texas. The firms have agreed to form the world's largest airline in a $3-billion all-stock deal as their industry consolidates under competitive and economic pressures that make profitability elusive.

Shaw doles out $2B for Canwest TV network

Deal gives Shaw control of many popular programs

Shaw Communications is taking over Canwest's Global television network and a stack of popular cable channels, a move Canada's largest cable operator says will put it on the cutting edge of TV in the digital age.

The $2-billion deal all comes down to content — popular programs like Global's House, Glee and Showcase's Trailer Park Boys — and Shaw's ability to sell it on the Internet, through mobile devices and via video-on-demand.

Shaw, until now primarily a cable TV and Internet provider, will get 11 local Global TV stations across Canada and a group of specialty channels, including Showcase, MovieTime and HGTV, some of which were acquired from Alliance Atlantis in 2007.

It also gets the broadcast rights to a variety of Canadian TV shows, as well as valuable agreements with U.S. networks.

The price tag includes $700 million in cash that Shaw will spend to buy the piece of a key Canwest Global subsidiary currently owned by New York-based investment bank Goldman Sachs and bought in 2007 from Alliance Atlantis.

Shaw CEO Jim Shaw

For Shaw, it means access to a wide range of broadcast content — something it has long been interested in as it prepares to also enter the wireless market.

The multibillion-dollar agreement met with a mixed reaction from the investment community. Some analysts question the wisdom of spending billions of dollars on a technological shift that is still in its infancy.

But in time, the doubters will be silenced, Shaw president Peter Bissonette said in an interview with The Canadian Press.

"They haven't recognized yet just how much importance to place on owning this content," Bissonette said.

"We see that as time goes on, the value of this content is going to go up, and up, and up. To be in the position to control it ... we just think is absolutely prudent."

With the Shaw deal still in its earliest days, it's not yet clear whether Canadians will see the familiar Global branding replaced by Shaw's thin, blue crescent logo.

THE CANADIAN PRESS

After Google spat, China's next Internet crackdown targets 'hostile overseas forces.'
Scan code for more.
Learn how to scan on the Local page.

Canwest headquarters in Winnipeg

Torstar bids for Canwest newspapers

MEDIA The owner of the Toronto Star says it has entered its bid for the newspaper assets of Canwest, the media giant that has been restructuring under protection from creditors.

Torstar Corp. says it submitted a formal offer on Friday, putting to rest speculation the publisher of Canada's biggest newspaper was having trouble lining up its financing.

Reports last week suggested that deep-pocketed investment management firm Fairfax Financial, a key shareholder of Torstar, might not be on board with the bid as a financial backer.

But Torstar says it and Fairfax have gone ahead with the offer, and although no financial terms have been disclosed, the banks who effectively own Canwest have set a floor price of $950 million.

THE CANADIAN PRESS

'One million iPads in 28 days'

APPLE Apple Inc. said yesterday that it has sold one million of its new iPad tablet computers in the month after its launch, meaning it's been selling more than twice as fast as the iPhone did when it was new.

Apple said it reached the milestone on Friday, when the new 3G model of the iPad was delivered to its first buyers. That model can access AT&T's cellular broadband network in the U.S. The first models had only Wi-Fi access.

"One million iPads in 28 days — that's less than half of the 74 days it took to achieve this milestone with iPhone," said CEO Steve Jobs. Demand keeps exceeding supply for the tablet, he added.

The iPad is half an inch thick and has a 9.7-inch screen. The Wi-Fi-only models start at $499 US, and the 3G models at $629.

THE ASSOCIATED PRESS

Patiently waiting

- The iPad went on sale in the U.S. on April 3. In Canada the iPad will be available at the end of the month.

Business in brief

SPENDING U.S. consumer spending rose in March by the largest amount in five months but the gains were financed out of savings, which fell to the lowest level in 18 months. A slight rise in incomes added to concerns that the recovery could weaken unless income growth increases more rapidly. The Commerce Department said consumer spending rose 0.6 per cent in March, matching economists' expectations.

AUTO Ford Canada enjoyed a bumper sales month in April. The automaker says it sold 23,441 vehicles last month, a 24.5 per cent increase over the 18,828 it sold in April 2009. Ford Canada says truck sales led the way with a 27.5 per cent increase.

METRO NEWS SERVICES

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Two is better than one

AlisonOnMoney

I was introduced to the concept of twos by an economics professor in Edmonton who specialized in buying small businesses. His method was to have at least two in hand to compare. His strategy wasn't just about getting the best deal.

Rather, he found that by having two legitimate contenders to evaluate, the emotion involved in buying was reduced. He also discovered that after putting two different companies through a rigorous analysis, he often chose the one that he had initially found least attractive.

I try to apply the same principle to houses, cars and other big ticket items. Even if it's love at first sight with a house and/or a condo, for instance, have at least one other property to compare it with.

The comparison exercise often teaches you a great deal about your intended purchase.

Make a detailed list of the attributes of each contender from price to square footage, needed repairs or renovations, location, distance to work and services, taxes, utility costs, and other characteristics such as natural light and potential for expansion.

Next, go over the list thoroughly with your partner, friend or family member. This discussion will help you focus on what is really important to you.

Frankly, this strategy has saved me from buying the wrong house a couple of times and never fails to give me insight into what my family really needs and wants in a house, which is sometimes different than what we think.

The rule of twos works with cars as well. There aren't too many things more seductive than new wheels.

Isn't that exactly what auto designers are all about? Going through the rules of twos process will help you get beyond the glitz and glitter to the important points of mileage, resale value, repair record and suitability for your lifestyle.

Alison's Money Rule:

- When you're buying significant items such as cars and houses always have two on the table at the same time for comparison's sake.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Protect yourself from fraud on the road

TRAVEL Planning to travel this summer? Whether it is within Canada or abroad, it is important to protect yourself against credit and debit card fraud.

Remember that it may only take one oversight — leaving your card unattended, for example — for fraud to occur. Protect yourself with these tips from TD Canada Trust:

- Protect your PIN — When conducting a transaction at an ATM or making a debit or credit card purchase, use your hand or body to shield the keypad when you enter your PIN — even if the device you are using has a visor.
- Don't bring more than you need — You don't need a wallet full of credit and debit cards on vacation. Only take the essentials with you — two or three credit cards and your debit card should be enough.
- Keep track of everything — Hang on to your receipts and keep them together. When your account statements arrive after returning home, review them to ensure all transactions and charges are correct.
- Only bank where you feel comfortable — Conduct your ATM and debit transactions when and where you feel most secure.
- If you've got it, don't flaunt it — Don't carry a lot of cash, and don't show off your credit or debit cards. Doing so may make you a target for fraudsters.

Shielding your PIN could save you from a major travel headache.

NEWS CANADA

On the web

Investing: Allan Small discusses the best ways to maximize your tax refund. Visit metronews.ca/investing

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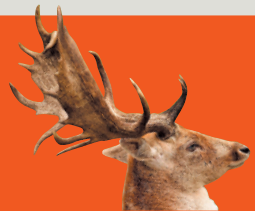
Roethlisberger spent weekend in clinic: Report

The Pittsburgh Post-Gazette reported yesterday that Ben Roethlisberger spent the weekend in a clinic being evaluated as part of sanctions handed down by NFL commissioner Roger Goodell. The newspaper cited an unidentified team source saying the evaluation will take days rather than weeks. THE ASSOCIATED PRESS

Sports



Deer give fans cause for fear

The Milwaukee Bucks' rallying cry — "fear the deer" — turned into a punchline Sunday afternoon when two deer burst through the glass doors of a Wisconsin restaurant as patrons watched a Bucks playoff game. The restaurant manager and a colleague managed to wrestle both deer to the ground and carry them outside and the animals ran off. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Bruins extend lead over Flyers

(Boston leads series 2-0)

Flyers 2 Bruins 3

VS

Milan Lucic scored to break a third-period tie with 2:57 left and the Boston Bruins beat the Philadelphia Flyers 3-2 last night to take a 2-0 lead in the best-of-seven Eastern Conference semifinal.

Tuukka Rask made 24 saves for Boston.

Brian Boucher stopped 24 shots for the Flyers.

Game 3 is tomorrow night in Philadelphia.

Miroslav Satan had a goal and two assists for Boston, and Johnny Boychuk also scored for the Bruins, the No. 6 seed in the East that inherited home-ice advantage for the second round when the conference's top three teams were eliminated in the opening round.

Danny Briere scored for the Flyers, and assisted on Mike Richards' goal for his fourth straight multi-point game of the playoffs.

ELISE AMENDOLA/THE ASSOCIATED PRESS

Boston Bruins centre Marc Savard checks Philadelphia Flyers defenceman Chris Pronger into the boards last night in Boston.

It was 1-1 after one period and 2-2 after two. It stayed that way until Lucic got the puck between the circles, turned around and fired a slapshot past Boucher. It was Lucic's first goal of the playoffs, his first in nine games and just his second in 18 games, dating to March 25.

The Flyers pulled Boucher in the final minutes for an extra skater, but the best scoring chance was a shot by Boston that was picked off the post by Philadelphia defenceman Chris Pronger to keep it a one-goal game.

Boston has won seven in a row at home after winning just three of their last 17 in the regular season after the New Year's Day Winter Classic against the Flyers at Fenway Park.

The Bruins led by two goals three times in Game 1 on Saturday, but the Flyers tied it with 3:22 to force overtime. Marc Savard, who hadn't played in almost two months because of a concussion, scored the game-winner to give the Bruins the early lead in the series. THE ASSOCIATED PRESS

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Blue Jays' Cecil flirts with perfect game against Indians

MLB RESULTS

Blue Jays 5 Indians 1

VS

Brett Cecil took a perfect game into the seventh inning for the Toronto Blue Jays and settled for a 5-1 win over the Cleveland Indians last night.

The left-hander allowed one hit over eight innings, striking out a career-high 10.

Cecil (2-1) lost the perfect game when he walked Grady Sizemore with one out in the seventh. He then walked Shin-Soo Choo but came back to strike out Austin Kearns before Jhonny Peralta ruined the no-hitter and shutout with one swing. Peralta lined a 2-2 pitch to left field, scoring Sizemore to get Cleveland within 4-1.

Cecil was seeking to pitch only the 17th perfect game since 1900 and the first in Cleveland since the Indians' Len Barker did it against Toronto on May 15, 1982.

Toronto's only no-hitter was by Dave Stieb, 3-0, over the Indians at old Cleveland Stadium on Sept. 2, 1990.

Colorado's Ubaldo Jimenez pitched the only no-hitter this season, the first in Rockies history, over the Atlanta Braves on April 17.

Kevin Gregg gave up a one-out single to Sizemore in the ninth. He walked Kearns with two outs, then fired a called third strike past Peralta on a full count to complete the two-hitter.

Before Peralta delivered in the seventh, the closest Cleveland came to a hit was a line drive by Matt LaPorta leading off the third inning that was backhanded by third baseman Jose Bautista.

AMY SANCETTA/THE ASSOCIATED PRESS

Toronto Blue Jays starter Brett Cecil throws a pitch last night during the first inning against the Cleveland Indians in Cleveland. The Jays won 5-1.

Toronto hit three home runs off Mitch Talbot (3-2), giving the Blue Jays an AL-leading 41.

THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS
Boston 3 Philadelphia 2
Vancouver at Chicago

TODAY'S GAMES
Pittsburgh at Montreal, 7 p.m.
San Jose at Detroit, 7:30 p.m.

NBA PLAYOFFS

YESTERDAY'S RESULTS
Boston 104 Cleveland 86
San Antonio at Phoenix

TODAY'S GAMES
Atlanta at Orlando, 8 p.m.
Utah at L.A. Lakers, 10:30 p.m.

BASEBALL

YESTERDAY'S AL RESULTS
Toronto 5 Cleveland 1
Boston 17 L.A. Angels 8
Chicago White Sox 5 Kansas City 1
Minnesota 10 Detroit 4
N.Y. Yankees 4 Baltimore 1
Texas at Oakland

YESTERDAY'S NL RESULTS
Cincinnati 3 N.Y. Mets 2 (11 ings)
St. Louis 6 Philadelphia 3
Arizona at Houston
Colorado at San Diego

TODAY'S AL GAMES
Baltimore at N.Y. Yankees, 7:05 p.m.
Toronto at Cleveland, 7:05 p.m.
L.A. Angels at Boston, 7:10 p.m.
Detroit at Minnesota, 8:10 p.m.
Kansas City at Chicago White Sox, 8:10 p.m.
Texas at Oakland, 10:05 p.m.
Tampa Bay at Seattle, 10:10 p.m.

TODAY'S NL GAMES
Atlanta at Washington, 7:05 p.m.
Chicago Cubs at Pittsburgh, 7:05 p.m.
St. Louis at Philadelphia, 7:05 p.m.
N.Y. Mets at Cincinnati, 7:10 p.m.
San Francisco at Florida, 7:10 p.m.
Arizona at Houston, 8:08 p.m.
Colorado at San Diego, 10:05 p.m.
Milwaukee at L.A. Dodgers, 10:10 p.m.

Sharper returning to Saints
All-Pro safety Darren Sharper is returning to New Orleans for a chance to repeat as Super Bowl champion in 2010. The 34-year-old Sharper intercepted nine passes last season, returning three for touchdowns of 99, 97 and 42 yards. THE ASSOCIATED PRESS

Desperation time for Red Wings

Detroit counting on home games to turn tide

The San Jose Sharks traditionally fare poorly at Joe Louis Arena.

San Jose has won three of nine playoff games in Detroit, losing the last two in the 2007 Western Conference semifinals, and just five of 35 matchups during the regular season.

The top-seeded Sharks beat Detroit twice at home and will put the two-time defending Western Conference champions on the brink of elimination if they win tonight in Game 3 at the Red Wings' arena.

"Our history dictates that we haven't played well in that building, so we'll have to try to change that and overcome that situation," Sharks coach Todd McLellan said yesterday before the team travelled to Detroit. "There is a history and we're aware of it, but what happened has absolutely nothing to do with May of 2010."

> **5** Since falling behind Colorado 2-1 in the first round, San Jose has finally played up to its potential in the post-season by winning five straight with strong goaltending, tight checking and timely goals.

The Red Wings might not make it through much more of this month. Detroit goalie Jimmy Howard said he and his teammates can't let that happen.

"It's definitely a must-win game," Howard said.

Joe Pavelski, who has become a playoff star, said San Jose has to want to win just as much as the Red Wings.

"They're a great team over there and they're desperate," Pavelski said. "It's important that we kind of match their desperation."

Detroit needs to figure out a way to slow down Pavelski, the first player to score more than once in three straight playoff games since Mario Lemieux did it in 1992. Pavelski started his five-game goal-scoring streak in the first round against Colorado.

"This is what you think about when you're laying in bed a lot of times and you can't sleep," he said. "You want to score points. You don't know if they will keep coming like that. You can't worry about that. As soon as you feel you shouldn't be doing it, that's when it does stop."

THE ASSOCIATED PRESS

EZRA SHAW/GETTY IMAGES

Detroit Red Wings goalie Jimmy Howard sprawls to make a save during Sunday's game against the San Jose Sharks in San Jose. Detroit hosts Game 3 tonight with San Jose leading the series 2-0.

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After week off, it's showtime for the Magic

NBA There has been no crowd for the games the Orlando Magic have been playing lately. No officials. No true opponent.

Not even a clock.

"That's the worst part," guard Vince Carter said. "You wish there was a clock up there and you could see it tick down. It's not. There's not even a score. It's just go, go, go."

Practice time is finally over.

When the Magic open their Eastern Conference semifinal against the Atlanta Hawks tonight, eight days will have passed since they swept Charlotte. The Hawks needed the full seven games to get by undermanned Milwaukee, meaning they got a turnaround of little more than 48 hours.

The contrasting layoffs heading into the best-of-seven series between the Southeast Division rivals make for intriguing dilemmas.

The Magic have been simulating opponents' players in practice. They studied film and prepared last week as if they were facing Milwaukee when the Bucks led the series 3-2, then threw that information away, practising late Sunday just so they could wait until Game 7 finished.

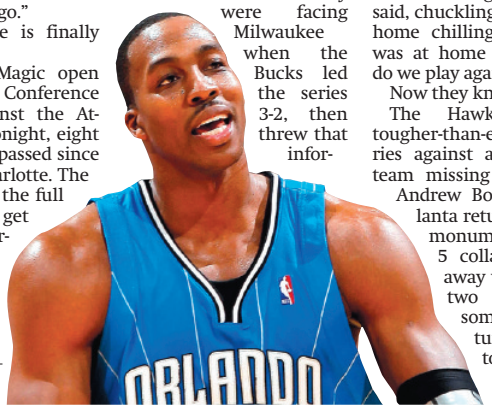
The time off has been longer than anything they've experienced this season — even during training camp.

"It felt like we had went fishing for a minute," Orlando's Dwight Howard said, chuckling. "We was at home chilling. Everybody was at home like, 'When do we play again?'"

Now they know.

The Hawks had a tougher-than-expected series against a Milwaukee team missing star centre Andrew Bogut. But Atlanta returned from a monumental Game 5 collapse to run away with the last two and build some momentum heading to Orlando.

THE ASSOCIATED PRESS


Dwight Howard

Odds against CFL draftees

DRAFT Agent Darren Gill has a simple message for his 14 clients who were selected Sunday in the CFL Canadian college draft.

Enjoy being selected and celebrate it. Understand, however, the odds for a long, productive CFL career are very, very long.

"Getting drafted is great," said the Montreal-based agent. "I'm not trying to scare anybody into thinking they won't make it.

"What I do want to instil in them is unless they're going in every day and doing that little bit extra it becomes more difficult to make a team. I do see in some cases that players feel draft position solidifies success and by no means does that work."

Gill has the numbers to back it up.

Between 2002 and 2007, Gill says 310 players were drafted by CFL teams. Just 33 became starters (10.6 per cent) while another 83 were backups (26.8 per cent) and 10 headed to the NFL (3.2 per cent).

> **"Being a first-round draft pick doesn't automatically guarantee me anything."**
> Shomari Williams, first-overall pick

Trouble is, 80 are no longer in the CFL (25.8 per cent) while a whopping 104 never played in the league (33.5 per cent). Combined, that accounts for nearly 60 per cent of the total players selected over that span.

"You'd assume with first-round picks their success would be guaranteed but that's definitely not the case," Gill said. "I really believe every player drafted into the CFL goes into training camp on the same foot regardless if they're the first pick in the draft or the last.

"Good or bad, there's no media pressure in the CFL for teams to keep players. We've seen teams draft four players and all four either go back to school or don't make the team and nothing is said."

Client Shomari Williams, a linebacker from Queen's who went first overall to the Saskatchewan Roughriders, hears Gill's message loud and clear.

"Being a first-round draft pick doesn't automatically guarantee me anything," Williams said. "I know I have to get ready for training camp and go there and contribute and prove that I'm worthy of that No. 1 pick."

THE CANADIAN PRESS

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking soreness out of your swing

CELIA MILNE
for Metro Canada

Does your back hurt when you play golf? You don't have to be in great shape to get on the links, but fitness is a huge advantage to your game. And will help you prevent back injury.

Think of Tiger Woods, who before dominating the celebrity gossip pages, dominated the pro circuit for many years and rarely took time off for injury. He used a mixture of weight training, endurance exercise and flexibility workouts to stay in tip-top shape.

Back pain is very common — affecting an estimated 60 to 80 per cent of the population at some point in their lives. When it already exists, it can be aggravated by the repetitive movements of the golf swing, and in some cases it can be caused by golf.

"Back pain will be exacerbated on golfers who are overweight, with poor flexibility, weak core strength and poor stabilization of the spine," says Patrick Handfield, president of Action Sport Physio Centre Ville and also a senior advisor to Cirque du Soleil in Montreal.

As you age, your joints become stiffer and the disks in your back become weaker with less absorption. Handfield suggests you bend your knees when you pick up your ball from the hole or set up your tee.

Besides developing a higher level of fitness, Handfield and other physiotherapists across Canada also suggest you warm up before playing.

Steve Mah, a physiotherapist and owner of Oakridge Physiotherapy in Vancouver, B.C., recommends dynamic stretching involving repetitive movement. For instance, swing a golf club back and forth.

GETTY IMAGES

Tiger Wood took time off recently for personal reasons but he rarely took time off because of physical injury. He prevented injuries by getting his body in shape before hitting the golf green.

"This is likened to warming up a car when you first start it on a cold morning," says Mah.

Kelly Parr, a physiotherapist at The Sports Medicine Specialists in Toronto, recommends warming up your back using side bends. Stand with your arms straight up over your head. Clasp your hands together and bend slowly sideways, first one side and then up to the middle, then the other side. Repeat this three times.

After playing, Mah suggests static stretching, where you hold each pose for 30 seconds. This allows the body to maintain muscle flexibility following activity and reduces the degree of post-exercise stiffness the next day. Back pain and repetitive stress injuries can often be attributed to poor golf technique or biomechanics.

"For novice golfers and even experienced golfers, it is advisable to have your golf swing assessed to detect abnormalities that can be corrected to prevent potential injuries," says Mah.

If you have back pain that lasts more than three days, you should see a physiotherapist or physician, he adds.

Follow Metro Heath & Beauty on Twitter for all things beautiful & healthy: @metrohb

Having a hunch can hinder healthy living

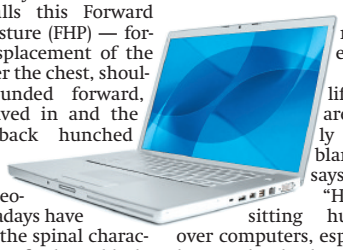
CELIA MILNE
for Metro Canada

Turn off the computer! Sit up straight! Our parents were right: Too much time spent hunched over electronic devices gradually affects our health.

In fact, says Toronto chiropractor Dr. Guy Bahar, bad posture can eventually deplete energy, cause pain, hamper breathing, affect the immune system, and lead to a lower self-image.

Bad posture affects 66 per cent of Canadians, and the number continues to grow, he says.

He calls this Forward Head Posture (FHP) — forward displacement of the head over the chest, shoulders rounded forward, chest caved in and the upper back hunched over.



Even young people nowadays have some of the spinal characteristics of the elderly.

Over time, FHP can lead to a swaying forward of the hips and hollowing out of the lower back.

"Our modern lifestyles are largely to blame," says Bahar. "Hours sitting hunched over computers, especially laptops, has lead to a Canadian population of FHP sufferers.

"Combine that with the excessive use of PDAs, Blackberries, handheld gaming and cellular phone texting devices, and it's not surprising that FHP is on the rise."

Bahar, who likes to be known as The Posture Doc, uses a four-step training method to correct posture. Fixing FHP leads to better posture, less pain, better sleep, and enhanced mood, he says.

Tips from The Posture Doc

Here are some pro-active tips from Dr. Bahar on improving your posture:

1. Have a posture check-up. Get assessed by a chiropractor or MD. It's hard to change something when you are not aware of it.
2. Increase your awareness of your posture when sitting, standing, sleeping, and using electronic devices. Sit up straight!
3. Treat your mobile devices as if they were hazardous to your health. Use hands free when talking on cell phones. Position your body correctly when using laptops and mobile devices. Try to avoid positioning them so you are looking down.
4. Take lots of breaks. Stand up, move around, and stretch when possible.
5. Limit the weight of your bags (and your children's knapsacks) to no more than 15 per cent of body weight.

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FOR METRO CANADA

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The marriage myth

The J Spot

Josey Vogels

metronews.ca/thejspot

Married people live longer, happier, healthier lives.

At least that's what we're told the research says.

But Bella DePaulo — a social psychologist based in Santa Barbara, Calif., and the author of Singled Out: How Singles are Stereotyped, Stigmatized and Ignored and Still Live Happily Ever After — says that, scientifically, this simply isn't true.

For example, she says, much of the research looks only at those who are currently married.

"Those who divorce — well over 40 per cent who marry — are set aside," she explains.

"Those who got married and hated it get to leave the married group. But when those researchers compare the currently married to, say, the people who have always been single, they do not look only at the 50-some per cent who are most satisfied with their single lives."

DePaulo further challenges this research in her book and through her Living Single blog for psychologytoday.com.

So, why do we perpetuate the idea that marriage makes us happier and healthier?

DePaulo believes that, as a society, this mythology about marriage is very appealing and comforting.

"The mythology says that if only you get married, you will live happily ever after and you will be healthier and live longer, too," she says.

"The mythology presents marriage as a magical solution: Find 'The One' and all of the important pieces of your life will fall into place."

And, in an age when women have more control than they used to over their financial security, their sex lives, and their reproductive potential, and that they can pursue all of those possibilities without marrying, adds DePaulo, the only way to continue to sell this myth is through psychological arguments.

"The mythology is that you can never know true happiness or the best of health unless you marry."

In fact, one could argue that marriage can even be detrimental to one's health.

As at least one happily married man I recently posed the question to can attest, the only health benefits he's discovered through being married is a "healthier" waistline.

While being happily married doesn't guarantee better health, there are things you can do to maximize the health benefits of being married. For tips, visit Josey's Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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SMILE RIDEAU STYLE

TEACHING GOOD ORAL HEALTH HABITS: YOU CAN NEVER START TOO SOON!

One of the things we find very troubling as dentists is hearing people say they do not need to worry about their kids' baby teeth. Afterall, baby teeth are meant to fall out. It is only the permanent teeth that you have to worry about.

The fact is nothing could be further from the truth. **Ensuring your child's first teeth are healthy is a vital key to the foundation for healthy permanent teeth.**

While it is true that those first teeth are meant to fall out, **they should only fall out when the permanent tooth is ready to assume its position**. Losing teeth early due to decay can limit the available space the permanent tooth needs to erupt properly. Early tooth loss may result in the need for a space maintainer until the permanent tooth arrives.

It also increases the likely need for **expensive orthodontics** in the future. Furthermore, **gum disease (gingivitis)** in children is a big concern arising from poor oral health care. The bacteria associated with gingivitis can easily access your child's bloodstream, thereby spreading thoughout the body and causing other health problems.

Furthermore, if the gums are not healthy when the permanent teeth start to erupt, **these teeth will be coming into a poor foundation**. They will not be well supported by the surrounding tissue

Dr. Bao Nguyen
Dental Surgeon

right from day one – not a good way to ensure your child keeps his/her natural teeth for life!

Just as importantly is the poor message you are sending to your child with respect to oral health care. We know that children are sponges and so many of the lessons they learn early in life remain with them. **If they do not learn good oral health practices at a young age, they are less likely to pick them up later**.

That means you need to **start brushing as soon as possible**. In fact, special toothbrushes for babies without teeth should be used to establish a pattern. As well as getting them into the brushing habit, babies actually like the massaging of the gums.

Use a toothbrush that is the right size for your child's mouth, one that can be maneuvered to reach throughout the mouth. And use toothpaste appropriate for your child's age. **Do not be afraid of fluoride**. The amount of fluoride in children's toothpaste is small and actually beneficial to the development of strong teeth.

When your child has multiple teeth beside each other, you need to start flossing. That is the only way you can be certain to clean between teeth.

We encourage allowing your child to "practice" with both the brush and the floss. Just remember, it is practice. You need to make sure you finish off the job. Do not expect a child to spend the necessary time brushing to get the job done right. But that practice is vital to helping the child to develop good oral health care practices for the future.

Finally, **start bringing your child to the dentist as early as one year of age**. This allows your child to become familiar with a dental office so it is less of a surprise down the road. And that is essential. Because developing good practices at an early age is a healthy habit…and healthy habits lead to healthy lives.

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Baring it all at a run

ROMINA MCGUINNESS
Metro World News

Metro talks with Daniel Lieberman, Professor of Human Evolutionary Biology at Harvard University, about barefoot running.

Q What are the crucial differences between running barefoot and with running shoes?

A Most peoples' heels strike in modern running shoes. Heel striking causes the foot to collide with the ground suddenly and with lots of force. The force is equivalent to someone hitting you with a hammer on the heel with 1.5 to three times your body weight. The heel of the shoe makes this impact comfortable by spreading it over a longer period of time, but the impact remains. If you are barefoot or wearing minimal shoes, it hurts to heel strike, so you naturally switch to landing on the ball of your foot. Impact not only hurts but probably leads to repetitive stress injuries. We hypothesize that running in a barefoot style is not only more natural, but also may help avoid some repetitive stress injuries experienced by many runners.

Q Were humans really born to run?

A Yes! We've been running long distances for about two million years. Humans have many features — from head to toe that make us great at this long distance running. We can outrun just about every creature in the world over long distances, especially when it's hot.

Q What is the biggest problem with the modern running shoe?

A A factor possibly involved in some injuries is that many modern running shoes make it easy and comfortable to heel strike, but heel striking generates more impact than other kinds of landing styles. They also develop weak feet because many modern running shoes have stiff soles and arch supports, which enables the muscles of the arch to avoid having to work, and thus leading to weak feet, collapse of the arch, over pronation, and plantar fascistis.

Q Why are tribes such as the Tarahumara in Mexico, such skilled runners?

A They run either barefoot or in minimal shoes … in an impact free, natural way.

Q Can runners get seriously injured even when running barefoot?

A People shouldn't be scared of being barefoot, but the key issue is not about going barefoot or not, but if the heel is striking or if the forefoot/midfoot is striking. That said, if you land on glass, of course you can get hurt!

Q Is running good for the body?

A Running is fantastic. If you don't heel strike, it is also very low impact.

ADVERTISING FEATURE

Running out of steam?

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Low Iron

Did you know that one woman in four is iron-deficient? Iron deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate.

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Since your body cannot produce iron by itself, you have to get it from your daily diet. Iron is essential for the transportation of oxygen in the body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body… Do you eat 15 cups of broccoli, 18 eggs or generous portions of liver and kidneys each week in order to get all the iron your body needs? Probably not!

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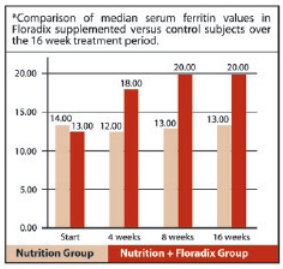
Trust Floradix®, North America's most recommended iron supplement!



*Adzensen KH, Loewe-Mesch A, Freivogel K, Gerhard I. Examination of the effectiveness of Floradix (liquid) in women with low ferritin level. Department of Gynecology, Endocrinology, and Fertility disorders, Heidelberg Women's University Clinic, 2002.

Are you iron-deficient?

- [ ] Do you often feel listless, weak or irritable?
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- [ ] Do you have brittle hair and nails?
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Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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A gym bag beauty jamboree

LIZA HERZ
for Metro Canada

Let's be upfront here. We are not encouraging you to be that girl who wears full makeup on the treadmill (ick).

But while your workout should be about health and fitness, a little beauty enhancement and pleasure can also be part of your regime. What to add to your already over-stuffed gym bag? Read on.

1

The **THERMOS INTÄK HYDRATION BOTTLE** ($12.99, major retailers) holds over 700 ml of water, shows your fluid intake on an easy-to-read metre and allows for one-handed operation to let you hydrate effortlessly while going all-out on the elliptical machine.

2

Get the most out of every minute spent *not* wearing high heels. **SOF SOLE AIRR INSOLES** ($29.99, Mark's, Sport Chek) have encapsulated air chambers to cushion your feet during high impact activities (think treadmill) plus a gel insert for comfort. Footie bliss.

3

Remember those scratchy, pink, disposable razors with the hollow handles? The new **GILLETTE VENUS EMBRACE DISPOSABLE** (3 for $15.99, drugstores) puts them to shame with five (yes, five) blades and a "protective ribbon of moisture" for a nick-free, close shave.

4

Do you ever wonder where they get the shampoo in your gym's shower? Use it if you must, but follow up with **NEXXUS BOTANLUXE LEAVE-IN CONDITIONER** ($12.99, drugstores,) with nourishing botanical oils and plant proteins to rehydrate and smooth your hair.

5

Not only does **AVEENO ULTRA CALMING DAILY MOISTURIZER** ($20, drug and mass retailers) soothe skin and protect it from UV rays with SPF 30, but it contains feverfew, known for its antioxidant and anti-inflammatory properties, to minimize post-workout redness.

6

Simplify your locker room makeup routine with this goof-proof trio: **OLAY TOTAL EFFECTS EYE CREAM PLUS TOUCH OF CONCEALER** brightens while it hides dark circles, ($30.99, drugstores), **REVLON GROW LUSCIOUS MASCARA** conditions and makes lashes appear thicker and more profuse, ($9.95, drugstores), and **TARTE CHEEK STAIN IN FLUSH**, ($39, Sephora) gives your cheeks (and lips!) a wash of sheer, natural-looking, rosy colour.

PHOTOS PROVIDED

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One of the healthiest veggies

Broccoli is one of the healthiest vegetables around; packed with vitamin C and fibre. To retain its nutrients, steaming or sauteing are the best ways to prepare it. If you're stir-frying brocooli, use extra virgin olive oil or sunflower oil and lightly stir-fry. METRO NEWS SERVICES

Food

Cheesecake AND pancakes!

Weeks after KFC made headlines — not entirely celebratory — by stacking two pieces of chicken around bacon and cheese, IHOP in the United States is introducing a limited-time dessert featuring two pancakes sandwiching a layer of cheesecake. IHOP's Pancake Stackers consist of a crustless cheesecake filling surrounded by two buttermilk pancakes and topped with a strawberry, blueberry or cinnamon apple compote and whipped topping. And yes, the meal can be a diet buster. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Homemade for mom

A tasty DIY gift of mussels and cran-apple crumble

Mother's Day is coming up (it's this Sunday), and if you're short on cash, but big on love, a homemade meal may be just your ticket into the good books with mom.

Pair this impressive meal with a simple bouquet of flowers and a nice bottle of wine for a lovely DIY Mother's Day. - CHRISTY PENGILL

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 3 Tbsp olive oil
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp fennel seed, crushed
- 1 tsp ground sweet paprika
- 1 tsp brown sugar
- 1 tsp grated lemon zest
- 3/4 tsp ground cayenne
- 1/2 tsp minced garlic
- 1/2 tsp kosher salt
- 4 (5oz) boneless, skinless chicken breasts
- 1 cup fresh parsley leaves, stems discarded
- 1 fennel bulb, shaved, fronds chopped and 1 tbsp reserved
- 2 blood oranges, peeled and segmented, 3 tbsp juice reserved
- 1/2 cup black olives, pitted

METHOD:

1. Preheat oven to 450°F. Line a rimmed sheet pan with aluminum foil and set aside.
2. In a large bowl, combine 2 tablespoons olive oil and the next nine ingredients and stir until mixed. Add chicken and using hands or a rubber spatula, rub spice mixture all over chicken. Transfer chicken to prepared sheet pan and roast in oven until cooked through, about 15 minutes.
3. Meanwhile, combine remaining 1 tablespoon olive oil, parsley, shaved fennel and fronds, blood orange segments and juice, and olives in a large bowl and toss until thoroughly coated. Season to taste with salt and pepper. Divide salad among 4 plates and serve with sliced chicken breast.

Cran-Apple Crumble

SERVES 4-6
PREP TIME: 10 MINUTES
COOKING TIME: 50 MINUTES
SUBMITTED BY CHRISTINE LUTEN, VERNON, BC

INGREDIENTS:

- 6 apples
- 3/4 cups fresh or frozen cranberries
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/2 cup flour
- 1/2 cup oats
- 1/2 cup brown sugar
- 1/3 cup softened butter

Roasted Spice Crusted Chicken with Fennel, Parsley & Olive Salad.

METHOD:

1. Peel and slice apples into a buttered baking dish (approx. 8" by 8").
2. Sprinkle cranberries over the apples.
3. Sprinkle sugar and cinnamon the apples and cranberries.
4. Mix together flour, oats, and brown sugar. Blend in butter. Spoon over apples and cranberries.
5. Bake at 350°F for 50 minutes. Serve warm with vanilla ice cream.

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ADVERTISING FEATURE

Canadian Dairy Farmers: Pure Pride

100% CANADIAN MILK

Don't ask Norma Winters, a Canadian dairy farmer, how long her family's been in the business. "I've lost count of the generations," she says. "But the piece of land I work on today is the same one my grandmother worked on. We've always liked the security of knowing where our food comes from and how it's made."

Norma and her husband, Alan, run a dairy farm in Cornwall, Ontario. It's not a big farm — just 500 acres and 100 head of Holstein cattle, about 40 of which are milked — but it's enough for them. As Norma explains, it's better to do a few things and do them well.

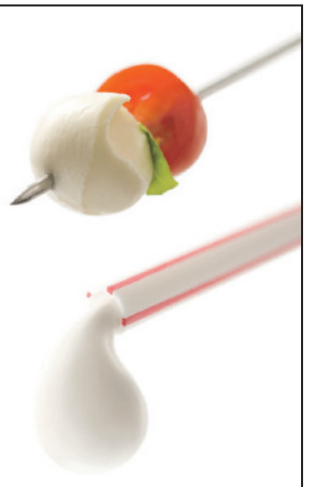
"We grow our own produce, but all of it goes to feeding the animals," says Norma. "Our focus is solely dairy production. And it has to be because the Canadian dairy industry's standards are so high."

Canadian dairy is made from one of our country's most precious resources

Norma and Alan's day begins at 5 a.m. Cows are milked twice a day, usually eight at a time, in a special compartment within the barn. On one side, four cows are hooked up to sterilized milking equipment; on the other side, four more are prepped with a disinfectant wash. When milking is complete, a cow's udder is disinfected again. These measures are part of the job, as are regular veterinary care, a balanced diet, and humane treatment for the cattle.

Norma and Alan are proud of their work, especially when they see the '100% Canadian Milk' symbol displayed on hundreds of dairy products. "We provide safe and nutritious food for our fellow citizens," Norma explains. "And even the biggest cities are no more than a 30-minute drive from farmland. So when you buy Canadian dairy products, you're truly supporting your local economy. The symbol reminds us we're all in this together and guarantees that we are buying products made from 100% Canadian milk – renowned for its purity, high quality and great taste."

For recipes and more info on 100% Canadian Milk, go to metronews.ca/canadianmilk



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Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

Swift a CoverGirl
Taylor Swift has become CoverGirl's latest spokeswoman, according to People. The 20-year-old country sensation will join predecessors such as Drew Barrymore, Rihanna, Queen Latifah and Ellen DeGeneres. TVGUIDE.COM

Entertainment

Show shopper
TV star, model, actress and trendsetter Kim Kardashian makes her Canadian debut in an on-air appearance on The Shopping Channel for the official Canadian launch of her signature fragrance today.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Women of steel hold their own

Meet Black Widow

• Scarlett Johansson admits that joining a comic book franchise — and taking on a butt-kicking character like Black Widow — was something of a challenge. "This was a whole new bag of tricks for me. It came out of left field. It was a lot to immerse myself in," she says. "Training like that is hard. It's a lot of work. You basically suck until you get it right."

But she was committed to getting it right — and doing as much of the stunts herself as possible.

"You're asked to just completely abandon everything that you think about this person and go with the story," she says, putting herself in the audience's shoes.

While still quite young, Johansson is something of a veteran in the film world, having made her debut at age 10. And she's learned how to not get overwhelmed by the demands of the movie business.

"I've been doing this for a long time, and it's not that I'm jaded by it, but I think more that I've learned to pace myself," she says. "It's very, very exciting to be a part of this. But you know, I live a very low-key lifestyle. I'm going to go home, I'm going to clean up. Maybe I'll make dinner or have dinner with friends or whatever. I'll get to bed and it will be the same thing tomorrow. It's a job, really."

And part of that job now is finding a way to transition into more mature roles, she says.

"I'm sort of in a transitional phase of my career. I'm 25 and I've been acting in movies for a long time, and I've certainly played the ingenue in every capacity in every different incarnation," she says. "I'm looking forward towards playing the woman, as opposed to the young woman."

Iron Man 2 is a part of that new phase, she insists. One aspect of the film that Johansson was particularly thrilled about was what was left out about Black Widow.

"We know nothing about her romantically in this film," she points out. "It is refreshing."

NED EHRBAR/
METRO WORLD NEWS

NED EHRBAR
Metro World News

Gwyneth Paltrow reprises her role as Pepper Potts in Iron Man 2, playing the long-suffering assistant to Robert Downey Jr.'s eccentric billionaire, Tony Stark. But this time around, Paltrow isn't the only woman on the scene, with Scarlett Johansson stepping in as a mysterious new employee at Stark Industries. Despite rumours about catfights on set, Paltrow insists she was glad to have Johansson there with her.

Gwyneth Paltrow, left, and Scarlett Johansson star in Iron Man 2, opening this week.

Q Was it nice having another woman in the film?

A I think it's great for the movie. I really loved having another girl on set, because last time it was such a boy's club. And I love the fact that she's, like, a powerful, smart superhero type of girl. When I think of my daughter seeing the movie, I'm so happy that Scarlett has that part. It's like, finally a girl getting to do something.

Q Were you jealous that you didn't get to kick some butt, too?

A No, no. I'm too old for that now.

Q Why do think do you think there were reports of you two not getting along?

A I have no idea. One day on set, Scarlett and I were sitting there having a cup of coffee, and Jon Favreau started making jokes, like, "Oo, there's a reconciliation." I was like, "What are you talking about?" And he's like, "Oh, haven't you see all the tabloids? Apparently you guys are cat-fighting." The tabloids have to write so much stuff. They're trying to keep up with blogs, and it's like everyone needs to write about something, so literally they just invent things.

"Kissing Robert (Downey Jr.) was like kissing my brother."
Gwyneth Paltrow

Q Is Robert Downey Jr. a good kisser?

A Kissing Robert was like kissing my brother or something, you know? He's one of my best friends, I'm very close with his wife.

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	208	303	8	CBC	NHL Hockey Playoffs: Teams TBA. (HDTV) (Live)						CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser The contestants get makeovers. (N)				Parenthood (HDTV) (N)		News
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	137	763	12	TFO	Panorama		Vu du large (SC)		*Providence* ★★ (1976, Drame) Dirk Bogarde, Ellen Burstyn.				Citoyens du
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Obsession" (N)		NCIS: Los Angeles (N)		The Good Wife "Mock"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		The Biggest Loser The contestants get makeovers. (N)				Parenthood (HDTV) (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*The Adventures of Rocky and Bullwinkle* ★ (2000, Comedy)				*Stormy Monday* ★★ (1988, Crime Drama) Melanie Griffith.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Dancing With the Stars		Lost "The Candidate" (N)		(10:02) V (HDTV) (N)		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Father Dowling Mysteries		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol		Glee "Bad Reputation"		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (N)		Frontline (N) (DVS)		Pain of Depression: A Journey		Charlie Rose
	205	312	104	CTV	etalk	Access H.	American Idol		Lost "The Candidate" (N)		Law & Order: SVU		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	MLB Baseball Toronto Blue Jays at Cleveland Indians. From Progressive Field in Cleveland.						Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey						SportsCentre (HDTV)		
	410	403	52	SCR	Cabby Unlimit	NBA Basketball Playoffs: Teams TBA.			Score Now		Score Now		Score Now
	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		NASCAR Hall of Fame (HDTV)		Dangerous Drives (HDTV)		Pass Time
family	554	544	48	TEL	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	Family Jewels
	615	520	31	A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		Deadliest
	521	560	34	TLC	Best Food Ever (HDTV)		Child Frozen in Time		19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Child Frozen
	145	761	35	TV5	Zoom animal		Partir autrement		Les Invincibles (SC)		ADN: Accel.	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*Anna's Storm* (2007, Action) Sheree Wilson.				Californication	Secret Diary	NCIS
	620	523	40	BVO	Bravo!Videos	Arts & Minds	The 2010 JUNO Awards Billy Talent, Blue Rodeo, Drake.				Spectacle: Elvis		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch "Sea Tested"		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House/Payne	House/Payne	Law & Order: SVU		Seinfeld	Seinfeld	*Galaxy Quest*
	600	564	49	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "Sal" (HDTV) (N)		Supernatural (HDTV) (N)		InnerSpace (N)
	581	566	53	MTV	The Hills	After	Cribs	Teen Cribs	My Life as Liz	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
	522	506	55	HIS	Aftermath (HDTV)		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Storm Planets
	129	773	60	CD	Biographies "Ashton Kutcher"		Ondes de choc		Images-chocs		Gangland (HDTV) (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	SOUL "Seducing Spirits"		Unscripted (N)	Crazy for Love	Doc "Pilot"
	602	567	62	W	Supernanny		Style by Jury	Beauty	Beauty Call	Style by Jury	*When Love Is Not Enough: Lois Wilson*		
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Arbor Live		Beyond Words	Chiefs-Champ	Tears
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant

critics'corner

V
Erica, Ryan, Father Jack and Hobbes learn that Anna has sent a shuttle filled with a lethal V tracker team to find them, forcing them to come up with a strategy to keep the craft from landing. Anna gives Tyler his invitation to the Live Aboard program. Chad confronts Father Jack in the new episode "Hearts and Minds." 10:02 PM on 20 ABC 6 SHRO

Ghost Hunters
America's paranormal plumbers, Jason Hawes and Grant Wilson, bring their investigative techniques to the other world as they attempt to debunk claims of hauntings. In "Widow's Watch," the guys go bicoastal, investigating activity at an 18th-century inn in Massachusetts and a distillery in California. 7 PM on 56 OLN

Parenthood
Jasmine and Crosby's relationship heats up, leaving them unsure about how to explain it to Jabbar. Sarah stumbles on Zeek's financial problems. Haddie turns to Amber for boyfriend advice in the new episode "Namaste No More." 10 PM on 15 CITY 9 NBC

DVD picks

Nine

Director: Rob Marshall

NINE IS A fractured film about creative and coital conundrums that is best sampled like an array of Italian gelatos. In other words, don't complain about how it all works, just enjoy the yummy bits.

There are plenty of them, mainly the songs by Kate Hudson and Marion Cotillard, but let's get what plot there is out of the way first.

Daniel Day-Lewis is Guido Contini, a Fellini-esque moviemaker in mid-1960s Rome whose best work is behind him, as everybody keeps reminding him. We meet this rogue charmer, "Maestro" as he's known, as he's giving a press conference in Rome's Cinecitta Film Studios, explaining to bewildered journos how you "kill" your movies in the process of making them.

The Maestro could be referring to himself. On the cusp of 50, Guido is in the midst of a full-blown midlife crisis, more from his inability to keep his pants on than writer's block. Rather than begin the epic film Italia that is to be his latest and greatest project, once again starring his sultry muse Claudia (Nicole Kidman), he flees Rome in his vintage convertible Alfa Romeo. He takes refuge in a swank seaside resort, where there is more marble than the Vatican and more spirits than a graveyard.

Here Guido, like Dickens' Scrooge, must confront his past, present and future — but Scrooge was fortunate in only having to deal with ghosts.

Guido's vexations are all flesh-and-blood, although some of them — notably Sophia Loren as his mother — also appear in his vivid fantasies.

He begins his follies by foolishly inviting both his wife (Marion Cotillard) and his lover (Penélope Cruz) to join him.

Marshall's casting is the real draw of Nine. With the exception of Loren, none of his choices are Italian, which could have been a liability in the hands of a less creative director.

Daniel Day-Lewis makes for a game Guido, but not a perfect one the way Marcello Mastroianni was for Fellini's 8 1/2, the 1963 film that Nine is inspired by. Day-Lewis's Italian accent is at best serviceable, and his singing leaves something to be desired — which may explain why his two numbers are rushed and crushed.

Legend has it Fellini filmed 8 1/2 with a note reading, "Remember, it's a comedy" taped to his camera. Marshall and Day-Lewis might have profited from that example.

Peter Howell/for Metro Canada

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Sweetin expecting another child
Jodie Sweetin is going to be a mom again. The actress — who has a two-year-old daughter, Zoie, with ex-husband Cody Herpin — is expecting a baby with her boyfriend of one year, Morty Coyle, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Elin spotted in Sweden

TIGER SPOTTED SOMEONE ELSE, ER ... SOMEWHERE ELSE Confirmed: Elin Woods is in her homeland of Sweden, thousands of miles away from estranged husband Tiger Woods, us-magazine.com reports.

With no bodyguards in sight, Elin, 30, was photographed jogging solo in her native country on Saturday; wearing a black tracksuit and white cap, she listened to tunes on her iPod as she ran.

It's the first known photo of Elin since she took her kids Sam, 2, and Charlie, 15 months, to the Scandinavian nation on April 19.

The threesome is visiting with her family, but fast-and-furious construction also continues at a $3 million US seaside estate Elin recently purchased.

"She and the kids are going to be spending most of the summer there," a family source tells Us. "Without Tiger."

METRO NEWS SERVICES

Lohan wants control of Lindsay's finances

AT LEAST HE'S BEING OPEN ABOUT IT NOW After striking out in his attempts to connect with daughter Lindsay Lohan during a trip to New York, Michael Lohan is telling sources he's looking to get the ball rolling on creating a conservatorship for Lindsay much like Britney Spears' dad did for her, according to TMZ. Michael says he'd like to serve as conservator, but he's open to someone else taking on the responsibility. He also says he's interested in getting Lindsay into a pricey private rehab program, according to the website.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is dispelling rumours which she started herself, **RANIA AL ABDULLAH** is finding new ways to get a point across, **JUSTIN BIEBER** is always learning new things and **BEN STILLER** doesn't see a Zoolander sequel happening

@CourtneyLoveUK i did not date gavin while he was engaged to gwen and im sure he appreciated being rated as a good kisser.
@QueenRania At the International Reading Association convention using peanut butter sandwiches as a metaphor for cross-cultural dialogue.
@justinbieber Really (vocab word) "detest" early mornings...
@RedHourBen Ron Burgundy and Derek Zoolander looking to appear in sequels. Both men destitute, without means or intellect to fund their own comebacks.

METRO NEWS SERVICES

Douglas looking at the bright side of jail term

I'M NOT SURE THOSE ACTUALLY IN PRISON WOULD AGREE Michael Douglas is trying to view his son Cameron's five-year jail sentence on drug charges as a blessing in disguise, femalefirst.co.uk reports.

"My son has not been sober for this length of time since he was 13 years old," Douglas, 65, tells the Today show, in an interview that aired Monday.

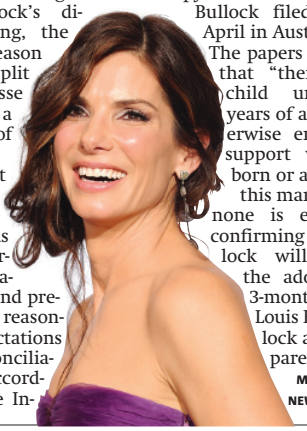
"So he was going to be dead or somebody was gonna kill him, and I think he has a chance to start a new life and he knows that... It's going to take that amount of time for him to rebuild and start himself afresh."

Cameron Douglas, 31, was arrested last year for allegedly dealing methamphetamine. Last month, he was sentenced to jail time for conspiring to sell crystal meth and for heroin possession.

METRO NEWS SERVICES

Divorce info goes public

AND NOTHING NEW IS REVEALED According to Sandra Bullock's divorce filing, the official reason for her split from Jesse James is a "conflict of personalities that destroys the legitimate ends of the marriage relationship and prevents any reasonable expectations of reconciliation," according to the Insider, which obtained a copy of the divorce papers.



Bullock filed in late April in Austin, Texas. The papers also state that "there is no child under 18 years of age or otherwise entitled to support who was born or adopted of this marriage and none is expected," confirming that Bullock will finalize the adoption of 3-month-old Louis Bardo Bullock as a single parent.

METRO WORLD NEWS

Aniston trying hard to get in shape for film

WELL THANK GOD FOR THAT Jennifer Aniston is reportedly going to great lengths to get into shape for her current film, Just Go With It, and is worried about going up against on-screen rival Brooklyn Decker, a swimsuit model, according to the Daily Mail.

"Jen has been getting really wound up with the wardrobe department because her costumes are so skimpy and she's worried about working with a younger model with a hot body," a source says.

"She has upped her fitness regime and has had her gym equipment sent to her villa."

Aniston has even reportedly flown her personal trainer to the movie's Hawaii set.

METRO NEWS SERVICE

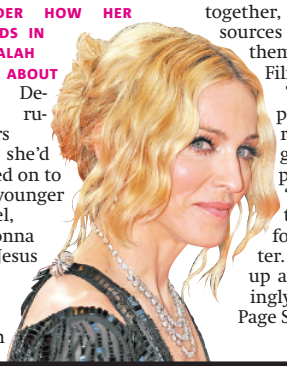
Shields wants another child

THERE SHOULD BE A CAP ON HOW MANY KIDS A CELEBRITY CAN HAVE Brooke Shields is eager to add another child to her family, according to Page Six. Shields and husband Chris Henchy have two young daughters, and the actress was recently spotted gushing over a friend's toddler, saying, "They're so cute when they're this size." But sources say Shields is worried that at 44 she may not be able to get pregnant again.

METRO WORLD NEWS

Madonna still loves Jesus

WONDER HOW HER FRIENDS IN KABBALAH FEEL ABOUT THAT Despite rumours that she'd moved on to a younger model, Madonna and Jesus Luz seem very much together, according to sources who spotted them at the Tribeca Film Festival.



The pair appeared cozy while relaxing in the green room at the premiere of "Please Give" at the Tribeca Performing Arts Center. "He was gazing up at Madonna adoringly," a source tells Page Six of Luz

METRO WORLD NEWS

Berry booted Aubry: Source

BILLY BOB THORNTON LEFT SOME BIG SHOES TO FILL Gabriel Aubry is understandably down about his five-year relationship with Halle Berry coming to an end.

"I am sad to say that Halle and I have decided together to separate at this time," the Canadian model said in a statement. Meanwhile, sources tell People magazine that it was Berry who decided to end things.

"She kicked him out months ago because he wasn't able to pull his weight in the relationship and she wanted to move on," a source says.

METRO WORLD NEWS

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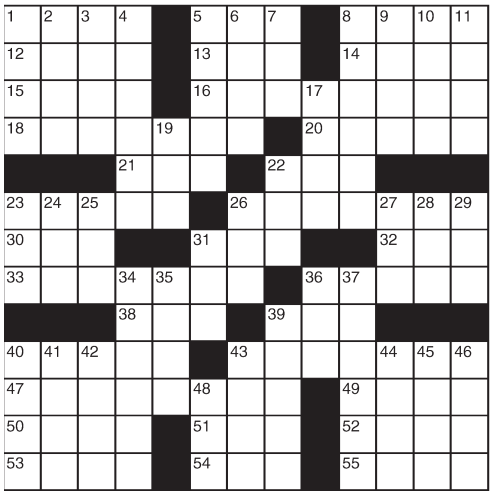


ACROSS

1 Use a teaspoon
5 G8 member
8 Church section
12 Last few notes
13 Fresh
14 Ring out
15 Quite enthusiastic
16 "Arena" for rough estimates
18 Teen at a shopping center, often
20 Haven
21 Melody
22 Unhealthy
23 Pollster's find
26 Corridor
30 Lemieux milieu
31 Old English double-U
32 Time of your life?
33 Roadside emergency phone
36 "Nonsense!"
38 Diving bird
39 Baby food
40 Oodles
43 Patsy
47 Yarn
49 Facility
50 Chills and fever
51 Meadow
52 Still
53 Jewels
54 Grain bristle
55 Untouchable Eliot

DOWN

1 Con game
2 Frat party garment
3 "American —"
4 Loose overcoat
5 Release a deadbolt
6 Membership
7 Puncturing tool
8 Horrify
9 Carrots' partners
10 Ganges wrap
11 Antlered critters
17 Lounge about
19 Disencumber
22 Actor McKellen
23 First X or O?
24 Nipper's employer
25 Slithery fish
26 Whammy
27 "Do — Diddy Diddy"
28 Khan title
29 Evergreen type
31 Moo goo gai pan pan
34 Punch bowls' accessories
35 Bankrupt
36 Chum
37 Blood-filtering organ
39 Hymn of praise
40 Men-only
41 Zoo structure
42 Astringent
43 Took to the skies
44 Donated
45 Works with
46 Longings
48 Carte lead-in

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

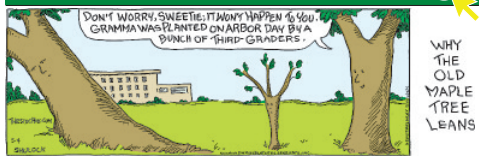
					2			4
9		5			4	3		
	1						2	7
		1		5				8
			3		1			
6				4		9		
1	4						3	
		3	6			2		1
8			4					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	4	9	1	7	8	3	5	2
8	3	7	5	2	9	1	6	4
2	5	1	3	6	4	7	9	8
1	8	4	7	5	3	6	2	9
7	2	5	9	1	6	8	4	3
9	6	3	8	4	2	5	1	7
3	9	2	6	8	5	4	7	1
4	1	6	2	3	7	9	8	5
5	7	8	4	9	1	2	3	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca


DON'T WORRY, SWEETIE, IT WON'T HAPPEN TO YOU. GRAMMA WAS PLANTED ON ARBOR DAY BY A PUNCH OF THIRD GRADERS.
WHY THE OLD MAPLE TREE LEANS

Metro Recipe of the Day

Spicy Lamb Stew with Couscous

INGREDIENTS:

1 boneless leg of lamb, cubed
1 small onion, chopped
2 cloves garlic, chopped
1/2 tsp cayenne pepper
1 cinnamon stick, broken in half
1 tsp ground ginger
1 tsp paprika
1/4 tsp crumbled saffron threads
3/4 cup dried apricots, quartered
1 cup chopped carrots
1 cup chopped zucchini
2 tomatoes, chopped
3 tbsp chopped cilantro
3 tbsp chopped fresh parsley
1 1/2 cups couscous

METHOD:

1. In large pot, combine lamb, onion, garlic, cayenne pepper, cinnamon, ginger, paprika, saffron, and salt and pepper to taste. Add enough water to cover and simmer mixture, covered, 1 hour 30 minutes.

2. Add apricots, carrots, zucchini, tomatoes, 2 tbsp cilantro and 2 tbsp parsley and simmer, covered, 15 minutes.

3. Meanwhile, put couscous in bowl, just cover with cold water it and let stand 5 minutes to absorb liquid.

4. Transfer couscous to sieve: steam over stew until warm, about 15 minutes. Fluff with fork and add salt to taste.

5. Spoon couscous onto serving dish. Using slotted spoon, top couscous with lamb and vegetables and sprinkle with remaining cilantro and parsley. Serve cooking liquid on side as sauce.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
As usual you have said too much and as usual you don't care. Anyone who expects an Aries to keep their opinions to themselves is in for a very long wait.

TAURUS ♉
APRIL 21-MAY 21
Something that has been causing you a great deal of confusion will become crystal clear at some point today.

GEMINI ♊
MAY 22-JUNE 21
It might be wise to keep your thoughts to yourself today, especially if they are the sort that are likely to start arguments.

CANCER ♋
JUNE 22-JULY 22
If you believe that you can do something then you will get it done. If you believe that you can't do something then no amount of effort will work.

LEO ♌
JULY 23-AUG 23
You may not be happy with the direction your life is moving but don't worry about it to such an extent that you risk making yourself ill.

VIRGO ♍
AUG 24-SEPT 22
Someone is talking behind your back and trying to damage your reputation. So what do you do about it? Pretend they don't exist.

LIBRA ♎
SEPT 23-OCT 23
This is not a day for rash decisions, even though your head may be full of good ideas. If they are that good they will wait for another day.

SCORPIO ♏
OCT 24-NOV 22
You will make a big impression today, but will it be a good one or a bad one? Think long and hard about what you intend to say.

SAGITTARIUS ♐
NOV 23-DEC 21
What looks important now will seem totally insignificant later in the month, so try not to worry about it. Relax. Give your mind permission to roam.

CAPRICORN ♑
DEC 22-JAN 20
A problem you have spent hours, days, even weeks trying to solve will sort itself out without any input from you.

AQUARIUS ♒
JAN 21-FEB 18
Your temper will ignite today, but although you may have good reason to be angry you know it's not going to solve anything, so why bother?

PISCES ♓
FEB 19-MARCH 20
There is a great deal of energy in your chart at the moment but you need to find ways to release it constructively.

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This day in history

1626: Dutch explorer Peter Minuit arrives in New Netherland (present day Manhattan Island).
1814: Emperor Napoleon I of France arrives at Portoferraio on the island of Elba to begin his exile.
1904: The United States begins construction of the Panama Canal.
1910: The Royal Canadian Navy is created.
1953: Ernest Hemingway is awarded the Pulitzer Prize for The Old Man and the Sea.
1979: Margaret Thatcher becomes the first female Prime Minister of the United Kingdom.

METRO NEWS SERVICES

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City Inn Manchester • 4★
Breakfast daily • Double rm.
July 27 - Sept. 6
$90 Per day Taxes included

Air, Hotel & City Tour

LONDON

Hotel Ibis London Earls Court • 3★
Breakfast daily • Standard rm.
July 1 - Aug. 31 • 6 nts.
FREE Hop-on / Hop-off tour
$1299 +Taxes & other fees (including service charges): $396

Kensington Close • 4★
Double rm.
July 1 - Aug. 31 • 6 nts.
FREE Hop-on / Hop-off tour
$1499 +Taxes & other fees (including service charges): $396

Cruise

Norwegian Cruise Line[1]

Norwegian Sun
Baltic Capitals Cruise
Round-trip flight to London
Inside stateroom, cat. JJ
June 16 • 12 nts.
Book by May 31, 2010 and SAVE $200 per couple
$2249 +Taxes & other fees (including service charges): $602

Air & Car

BOOK AIR TO LONDON AND ADD A CAR FOR ONLY $7 Per day[2] Taxes included

Valid for travel from Aug. 25 and completed by Dec. 18, 2010.

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SAVE UP TO 50%

DOMINICAN REPUBLIC

Samana via Toronto
Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
June 6, 13 & 20 • 1 wk.
$529 +Taxes & other fees (including service charges): $322

CUBA

Holguin via Toronto
Playa Costa Verde • 4★
All-Inclusive • Standard rm.
May 15 - June 19 • 1 wk.
$549 +Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

MEXICO

Cancun / Riviera Maya via Toronto
Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
May 30 • 1 wk.
$769 +Taxes & other fees (including service charges): $299

COSTA RICA

Liberia via Toronto
Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
May 22 & 29 • 1 wk.
$899 +Taxes & other fees (including service charges): $214
Departure tax: 26 USD cash, paid locally

TURKS & CAICOS

via Toronto
Royal West Indies Resort • 4★
Studio botanical view
June 5 - 20 • 1 wk.
$1179 +Taxes & other fees (including service charges): $245
Departure tax: 20 USD cash, paid locally

ARUBA via Toronto

Occidental Grand Aruba • 4 1/2★
All-Inclusive • Deluxe rm.
June 5, 12 & 19 • 1 wk.
$1589 +Taxes & other fees (including service charges): $242

Puerto Vallarta / Riviera Nayarit

via Toronto
Dreams Villamagna Nuevo Vallarta • 4 1/2★
All-Inclusive
Junior suite tropical view with jacuzzi
July 3 - 31 • 1 wk.
$200 resort credit
PRIVILEGES
$1199 +Taxes & other fees (including service charges): $280

IBEROSTAR HOTELS & RESORTS

CUBA

Varadero via Toronto

Iberostar Playa Alameda • 4★
All-Inclusive • Standard rm.
May 15 - June 21 • 1 wk.
$669 +Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. & Sun. departures

Iberostar Varadero • 4 1/2★
All-Inclusive • Standard rm.
May 29 - June 21 • 1 wk.
$839 +Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. & Sun. departures

Iberostar Varadero

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$4.99 • Enjoy the classic word game right on your phone. You can play solo, with a friend or even with another iPhone over Wi-Fi – either way, you'll no longer be bored on board.

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